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Volunteer Position: Ringman for Rock Steady Boxing Fighting Back Against Parkinson's

Reports to: Fitness Director
Part-Time, Volunteer
Posting Date: March 10, 2017
Start Date: Immediately
of Positions Available: 5+

POSITION SUMMARY

Under the supervision and guidance of the Rock Steady Boxing Coaches, **the Ringman (or woman) provides support to participants of the Rock Steady Program.** This position is part of the Geneva Lakes Family YMCA's commitment to high quality member services.

ESSENTIAL FUNCTIONS

- Encourage Boxers
- Have a positive attitude and enthusiasm.
- Help Set up and break down stations.
- Assist Boxers throughout various activities.

QUALIFICATIONS

- Can lift up to 30lbs.
- Is healthy enough for physical activity.
- Enjoys serving others.
- Minimum age: 18 years old.
- Has the energy to help, motivate, and safely monitor all Boxers for 90 minutes.
- Must complete a clear a background/criminal history check.

SUPERVISION, TRAINING AND TIME COMMITMENT

- Rob Breidenbach will onboard, train and schedule this position.
- Must attend a New Volunteer Orientation (NEO) & watch Volunteer Praesidium Course
- Time Commitment: 3-4 weekly hours (Class scheduled Tuesday/Thursday/Friday, 10:30-11:45)

CONTACT

Submit volunteer application to Rob Breidenbach, Fitness Director, at rob.breidenbach@glymca.org